STUDY OF SELECTED TRAINING PROGRAM ON THE SKILL DEVELOPMENT OF FIELD HOCKEY PLAYERS

RESEARCH PROPOSAL SUBMITTED TO
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Chapter -1

Introduction

1.1 Introduction

In modern times physical education has been considered as a part of education: In School and colleges, physical education has been given as much importance as educationalist. Assessment measures play an important role in determining whether physical education has been developed. This is mainly related to checking the physical ability. Understanding power etc. of the students from this, for the development of the students, it is possible to make changes in our study method as per the need. Similarly, considering the modern times it is orderly to prepare the curriculum of physical education for school and college students. How well the students have absorbed the sports skills or games that have been taught. All these Things can be tested and measured. By doing this the teacher knows whether the expected goal, purpose of physical education has been ac achieved or not. A definite path and direction is known from the experience. Society is changing in the age of science; new techniques of sports are being used. Exploration also plays an important role in the game world. Due to this new Ideas and technology is being developed.

Many types of games are played in physical education. You get to see the games being played and the skill in that game played by the players. While playing and displaying Sports skills properly, the player's body and its large and small muscles are found to perform their functions easily and efficiently. By practicing such sports skills the player becomes adapted and achieves a specific performance Measuring the quality of such sports skills, the acquired skills of the players etc. is essential in physical education Because he is gradually developing in certain skills while practicing and playing or not It is known through measurements and evaluations that he is moving towards progress or his progress is studied and based on this, he is divided into different groups according to the level of training for his progress, The skills, techniques and rules of modern sports are changing at a very fast pace. So it is important to use modern techniques to improve sports skills.

Since the introduction of new rules, the game of hockey has undergone a drastic change in its form now hockey is not a game of pure power but a game of tricks. Better equipped players with sharper eyes, flexible, agile bodies than skinny. Stocky players are better at hockey. It is on this instant quality that our Indian hockey dominance rests. In this game, the player has to stay active till the end without getting tired. Also one has to control the ball by moving properly. For this it is necessary to bring dynamics in movement by cooperating in the function of muscles and nervous system In addition to the movements required in the hockey game, you can stimulate your body by doing such movements to facilitate muscle movement and play, it requires stimulants, supplemental exercise, weight training, Circuit training.

Players play many sports. Some of the players play a specific sport and after practicing the skills in that sport, they acquire a certain quality and quality in that sport. But whatever sports skills they acquire are measured and evaluated through tests to see if they are doing them properly or not, and those athletes who perform well in these tests. They are selected for that particular game and the selected team is formed. The purpose of which is to achieve success in the competition.

AAHPER Youth Physical Fitness Test "American

Alliance for Health Physical Education and Recreation" in the year 1958

In the test manual for measuring the physic-al ability of young people in the list published in the test gave complete information about the procedure and system of taking tests. Eight of these main items were selected to measure the physical abilities of the youth. of that capacity will be used for research.

1.2 Problem Statement

The performance of the players depends on the skill in that sport. Also, the skill and physical ability of hockey players can also be different Would It be possible through research to enhance this? What needs to be done for that? Is it possible with supplemental exercise training? After the researcher got such an idea, after discussing with the expert, the problem has finally been formulated as follow:

Study of selected training program on the skill development of field hockey Players

1.3 Importance of Research

This research will be Important in terms of Increasing the skill and physical ability of hockey players.

1. This research will provide information about the skills of hockey players
2. This research will provide Information ablaut the physical ability of hockey players.
3. Information on the effects of supplemental exercise training on field hockey skills of field hockey players
4. Supplemental exercise training will provide information on how hockey players' ball-handling Skills will be affected.
5. The effect of supplemental exercise training on hockey goal shooting skills of Schmithals and French of hockey players.
6. Information on This research will provide information about the skills of hockey players.

1.4 Research Objective:

1. To obtain information on the progress in hockey players' skills.
2. To obtain Information about the progress in physical abilities of hockey players.
3. To study the effect of supplemental exercise training on field hockey skills.
4. To study the effect of Supplementary exercise training on goal shooting skills
5. A study of the effect of supplemental exercise training on ball control skills to do
6. To study and to find out the effect of supplementary exercise.

1.5 Hypothesis:

1. Supplemental exercise practice training will result in development of various skills of hockey players.
2. Supplemental exercise training can be seen to affect the physical performance of hockey players positively.

1.6 Scope and Limitations:

1) Railway Police Line Boys Hockey Club Pune`s 100 hockey players from Pune aged 17 to 21 will be selected for research.

2) In this research, before the training of the hockey players two weeks of practice will he conducted in the training program about the physical ability and various other aspects.

3) Only one month practical training program will be conducted for the players selected For the said research

4) In This research Supplementary exercise program will be conducted

5) AAHPER Youth Fitness Test will be used for assessment in this

research to· Measure ¯physical ability.

6) Akhil Mehrotra field hockey battery test for skill will be used in this research

7) For this research chapman ball control test will be used.

8) In this research, the hockey goal shooting test of Schmithals and French will be used

9) The area of work in this research is railway police line boys hockey club Pune.

10) In the said research, the physical¯ability of the trainee will be studied.

1.7) Definition:

1 Physical ability

According to Harrison Clark, physical ability rs !hat ability, In which we work regularly Can do it continuously without getting tired and enjoying the rest of the energy in free time may act abnormally. Physical capacity includes the-following factors

2 Power:

According to Helen Emkerl it is the ability lo apply force to any resistance "Opposite work is a force that exerts more force in the same effort"

3 **Endurance:**

Richard M. Repens: The ability to perform any exercise for a maximum period of time is called endurance."

4 Speed:

Herod M. Bathe:- ability of a person by which he is enabled to perform a continuous movement with uniformity and vigor.'

5 Force :

Kline R. Johnson and Fisher "Force is the ability of force.

The greater The force of motion the more muscle cells engages.

6 **Strength:**

The ability of a group of muscles that work together to overcome resistance is called strength. Strength is that ability of a person.

7 Skills :

Skill is the maximum amount of work done with the least amount of effort and that too with individuality and graceful movement.

Chapter - 2

Review of Related Literature

As the researcher is aware that it is necessary to handle the materials useful in the context of the said study from various libraries, the said materials will be made available from wherever they are. One library of Swami Ramanand Teerth Marathwada University, Nanded will be versatile and the literature available there will be studied and pondered. In terms of study, there will be a deep discussion. In the same way, literature from up-to-date and reputed libraries of Nanded. Nashik, pune, and Marathawada divisions will be made available for the said research with great effort. This will help in determining a definite direction of the said research.

Chapter -3 Research Methodology

3.1) Research Methodology

Experimental Method will Be used for this research

3.2) Design of Experiment:

A parallel group approach will be used in this experimental approach.

3.3)Sample selection

In the age group of 17 to 21 hundred hockey players will be selected for this research from railway police line boys hockey club Pune.

3.4) Materials and Tools:

Physical ability test of AAHPER Youth Fitness Test will be used to measure physical ability. The following test will be used to test the skill in the game of hockey.

1) Akhil Mehrotra Field Hockey Skill Test.
2) Chapmants ball control test
3) Hockey goal shooting test by Schmithal and French

For this research, a two-week practice program will be concluded before the training program then inform the hockey players about the research,' and later that hockey players will be pre-tested for the training program. After that, the group will be broken down as follows.

1 Experimental' Group (Supplementary Exercise Group)

2) Control Group:
No training will be given to said group. This group regularly plays their daily game will keep playing. Supplementary exercise training and regular exercise program will be implemented for the experimental group.

This group will be given 50 minutes training followed by 40 minutes of regular practice from 8 am to 9.30 am 6 days excluding Sundays for a three months training' study. In the said training additional exercise, training program will be implemented with the aim of increasing regular practice. Various skills and physical abilities After the training period, the Pre-test and the post test of both the groups will be concluded like the pre-test. All entries will be made carefully in an orderly manner. The necessary note card will be used for that purpose.

Chapter -4

Data analysis and statistic& analysis

For the present research, the collected data and information collected by the researcher will be classified and interpreted which will make it easier to approach the research objective based on the information obtain the interpretation of the objectives and the conclusion will be explained.

MEAN, STANDARD DEVIATION, MEAN DIFFERENCE and t-value will be the basis of statistics to arrive at the conclusion of the research.

Chapter -5

Summary, Conclusions and recommendations

In this chapter, the review of the work carried out or presented in Chapters t lo 4 by the researcher and to complete the thesis will be announced in a consent form. At the same time, the conclusions that easily follow from Chapter 4 and the corresponding hypothesis made in Chapter 1 will be verified. It will be mentioned in these chapters. Moreover, the things found while doing research in accordance with this thesis will be presented through suggestions and recommendations.

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